



WINNING WARRIOR

KRAV MAGA

SITUATIONAL AWARENESS CHECKLIST

- **Observe** the environment that you are going into, whether going outside, out of your car, into a building, etc.
You have a better chance of protecting yourself against what you can see vs what catches you off guard. Avoid blind spots!
Do not approach any environment preoccupied. (Including being on a cellphone or deep conversation.)
- **Orient** yourself to everything in your environment. This includes:
 - 1. Buildings, vehicles or object you can get to escape danger (KNOW YOU EXITS).
 - Can you see the doors? (Avoid having your back to the door)
 - Is your back against a wall/solid object or open floor (know your options in both situations)?

- Are you sitting too deep in a seat to get up quickly? (positioning for a quick escape increases your response to a threat)
 - 2. People, animals or hazards (including floor/ground surfaces for escape) that can cause you danger
 - 3. Obstacles such as tables, doors, chairs or crowds that would prevent you from getting to safety

 - 4. Things that can be used as improvised weapons to protect yourself: chair, utensils, writing instruments, belts, purses, umbrellas, backpacks, and other personal articles or objects that you can use to keep a barrier or defend with.
- **Decide** what you can or can not do to respond to the situation:
 - Can you run? Are there health issues that would keep you from running?
 - Do you have a self defense skill set to deal with the situation?
 - Do you have the verbal skill to de-escalate the situation?
 - Can you avoid pulling attention to yourself and get away without being noticed? (This would include not wearing flashy jewelry, accessories or clothing)

- **Act** on your decision!! You can not hesitate, or it may cause you your life. If you plan to protect, you must defend with all you have in order to get home.

Have a warrior mentality and ask yourself “What would happen if I don’t make it home and who would it impact?”

If you have a plan of escaping or creating a barrier, you must execute it effectively.

“Winning is training for Life!

Life is training for Winning!”

NOT A VICTIM, BUT A WARRIOR!

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